



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Waldhaus, Uwe

Club: SV Werder Bremen  
Number: 541

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:10:06

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 49 (of 581)

Rank in course/Men: 48 (of 475)

Best time in course: 1:39:32

Rank in category: 9(of 55)

Best time in the category: 1:53:46

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:43	5:03	12	3:01	75	3:39	3.30	16:43	5:03	12	3:01	75	3:39
Schlüsie	3.10	16:32	5:20	8	1:28	32	2:54	6.40	33:15	5:11	8	4:27	45	6:32
Hermannsklippe	2.60	14:29	5:34	8	1:34	40	3:05	9.00	47:44	5:18	8	5:52	40	9:37
Brocken	3.10	22:35	7:17	5	2:09	22	4:32	12.10	1:10:19	5:48	8	7:21	35	14:09
Eiserner Handwe	3.60	16:10	4:29	12	3:00	74	4:18	15.70	1:26:29	5:30	7	9:00	39	18:27
Schlüsie	4.10	15:29	3:46	12	2:43	66	3:55	19.80	1:41:58	5:08	7	11:43	40	22:22
Loddenke	3.10	13:02	4:12	14	2:15	99	3:43	22.90	1:55:00	5:01	8	13:47	43	26:05
Ilseburg/Markt	3.30	15:06	4:34	19	2:57	138	4:29	26.20	2:10:06	4:57	9	16:20	48	30:34